**Courage 01**

Memorization: Take courage! God never forsakes His children who strive and work and pray! -'Abdu’l-Bahá

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| **Time** | | **Activity** | | **Who** | **Details** | | | **Materials** | | |
| 3:30 | | Play/snacks/Park | | All | Snacks for children: | | | Name-tags | | |
| 4:00 | | Walk to Michelle's home | | All | Remind children and parents to remove shoes and enter quietly | | | Rope with rings | | |
| 4:05 | | Opening prayer | |  | Explain why we always start with a prayer: because God is the source of all virtues, and we are asking for His help in our spiritual development. | | |  | | |
|  | | Singing Prayer bowls | |  |  | | |  | | |
|  | | Prayer | |  | "Entire being..." prayer with motions | | | CD with song  Poster with words | | |
|  | | Remind children class rules | |  | 1. Raise hand before speaking  2. Stay seated, please do not bounce around and distract  3. Keep your hands and feet to yourself  4. REMIND children and parents there is a quiet room | | |  | | |
| 4:10 | | Introduce Topic | |  | **Description of Courage**: Courage is when you do the right thing, even when it is scary or hard. (see discussion questions) | | | |  | |
|  | | Song: *Dare to be Different* | |  |  | | | Poster, CD | | |
| 4:30 | | Story: *Miss Hazeltine's Home for Shy and Fearful Cats* by Potter | |  | Props: Girl-doll, 'broom' (paintbrush), many plush cats. Children this age are fascinated by 'table puppets' that act out the story as it proceeds. | | | | Book, props | |
|  | | Art: Cat faces from paper plates | | All | Children decorate paper plates with pre-cut  tissue squares, nose, whiskers, ears | | |  | | |
|  | | Story: *Scaredy Squirrel* by Watt | |  | Read the book as children finish activities, to help them settle down | | | Book, plush flying squirrel | | |
| 5:25 | | Memorize Verse | |  | With motions (below) | | |  | | |
| 5:30 | | Closing song | | All | "This little light of mine" | | | Tea candles | | |
| **Backup Activities** | | | | | | | | | | |
| Outdoors | |  | | All | | | Parachute games, tag, balls |  | | |
| Stories | |  | |  | | | *Hilda the Hen's Scary Night* by Wormell  *The Giant Jumperee* by Donaldson | Optional plush animals | | |
| Songs | | repeat songs from past | | | | |  |  | | |
|  | | Handouts | | Reflection for parents, CD with songs, coloring sheets | | | |  | | |

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| Take courage! | ASL 'courage' Move slightly curved palms toward shoulders, curl finger as if grabbing your long hair, clench fists emphatically while pulling outward slightly |
| God | palms open upward, raise hands to the sky while looking up |
| never | shake finger 'no', while shaking head 'no' |
| forsakes | ASL 'abandon' With fingers gently curled, one hand in front of chest, the other slightly to the right. Thrust them away from you to the right while opening palms, as if brushing off, while making a wry face |
| His children | Smiling face, palms up, bounce and spread them out indicating the children sitting in the room |
| who strive | March march march your feet and 'pump' your fisted hands |
| and work | ASL 'work' Two fists facing 'down', knock one on top of the other a few times |
| and pray! | prayer hands or cross arms, and bow head |